



Feelin' Hot Conference – Frequently Asked Questions

The Feelin' Hot – Women's Health & Wellness Over 40 Conference looks really interesting but why hold it at a resort? Aren't there less expensive places to hold a conference?

There is more to the conference than meets the eye. In addition to educating women on how to be well and live healthier lives over 40, I also want to have them experience what that feels like. If we can feel it, we can own it and then it is ours for life.

The dates for the conference are June 26th thru the 29th and Miraval is in Catalina, AZ. Isn't it going to be really hot at that time of year?

The temperature in June will be in the high 80's and low 90's during the day but will cool off in the evening. The conference hours have been intentionally set for the afternoon between 1pm and 5pm. At this time you will be in a beautiful air conditioned auditorium. You will have the mornings off to leisurely awaken, have breakfast outside on the patio, perhaps take a meditation or yoga class, have a spa treatment, sit by the pool and catch up on your reading or enjoy any of the other many wonderful activities that Miraval offers. In short you have plenty of time to relax and rejuvenate your spirit in one of the most beautiful places on earth.

Do I have to be in the health care field to attend this conference?

No, you only need to be a woman who has a desire to give yourself this time to let go of all other responsibilities to work, family and friends and focus just on you and your health and well being. Women have long been taught that we must give and give and give to others not realizing that if we don't give to ourselves we will eventually have nothing else to give. This is your gift to yourself to be pampered, adored and replenished so that you can go back home and have a new supply of love and kindness to give to others.

The agenda for the conference suggests that even though the actual conference does not start until Friday afternoon June 27th, I should plan to arrive Thursday afternoon, why is that?

There is an underlying theme of the conference to create a sense of community with other like minded women and a feeling of belonging. I have arranged for an initial welcome and introduction which I will personally be facilitating. At this welcome, I will give you an overview of what to expect for the next few days and some suggestions on how to get the most out of the conference and your stay at Miraval. This will be followed by a Wine and Cheese reception in your honor where you will have a chance to introduce yourself to women you don't know and catch up with friends that perhaps you haven't seen for a while. This will also kick off the over all feeling of relaxation and rejuvenation that will permeate the four wonderful days that you will be spending at Miraval. I too will have an opportunity to get to know you better.

How did you choose the speakers that will be presenting at this conference?

I chose the speakers for their professional expertise on the subjects that they will be presenting as well as their commitment to treating women from a philosophy of “Many Women, Many Choices”. Each speaker practices by the philosophy that each woman is a unique individual and her needs for health care and wellness must be considered from an individual standpoint not a “one size fits all” mentality. Each speaker is well educated on their specialty and has years of clinical experience in patient care.

How many women are you expecting to attend this conference?

Miraval resort can hold a capacity of 200 people. I plan to keep this conference to 100 women. I think this is the perfect number of women to allow everyone to meet and make new friends while at the same time provide personal attention to each woman. However, I do expect this conference to fill up quickly so be sure to get your reservation in early.

When do I have to sign up by?

You need to sign up for the conference no later than March 21st. However, rooms will book up quickly and I suggest signing up as early as possible.

How do I sign up?

Registering for the conference is easy. Simply call Miraval Resort and let them know that you are registering for the “Feelin’ Hot” Conference. They will take care of booking your room and collecting your conference registration fee. They can also answer any questions you have about the Resort & Spa. Miraval’s reservation line is 1-800-232-3969.

How do I get more information?

If you have any additional questions about the conference or just want to talk more about how you can benefit from this conference, don’t hesitate to call or email me. I’m happy to answer any questions. You can reach me by email at rebecca@themenopauseexpert.com or by phone at 818-425-2886.